

# NOVEMBER 2017



## SHENANGO ELEMENTARY LUNCH MENU

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**

Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate & white

### Weekly Vegetable Subgroups May Include:

**Dark green** - spinach, broccoli, romaine and spring salad

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

**Beans/Peas**

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

### Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

### Daily Entree Options include:

Garden Salad with Dinner Roll

PB&J Uncrustable with

String Cheese & Graham Snack Crackers



**NEW**



### CRAVEABLES!

### **BUILD YOUR OWN PIZZA LUNCH KIT**

(Flat bread, Sauce, Cheese & Pepperoni)



Lunch Prices  
Student \$2.00  
Reduced \$.40  
Adult \$3.50

Director of Dining Services  
**Christine Bruno**  
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p> <p>Nachos Grande Tortilla Chips</p> <p>BBQ Rib Sandwich</p> <p><b>Featured Veggies:</b> Steamed Corn Lettuce &amp; Salsa Choice of Fruit Choice of Milk</p>	<p><b>2</b></p> <p>Popcorn Chicken with a Dinner Roll</p> <p>Italian Wrap On a Soft Tortilla</p> <p><b>Featured Veggies:</b> Potato Smiles Mixed Vegetables Choice of Fruit Choice of Milk</p>	<p><b>3</b></p> <p>Sausage, Egg &amp; Cheese Croissant</p> <p>Cheesy Pizza</p> <p><b>Featured Veggies:</b> Tater Tots Cherry Tomatoes Choice of Fruit Choice of Milk</p>
<p><b>6</b></p> <p>Cheeseburger</p> <p>American Deli Sub Sandwich</p> <p><b>Featured Veggies:</b> Onion Rings Lettuce, Tomato &amp; Pickles Choice of Fruit Choice of Milk</p>	<p><b>7</b></p> <p>Fish Nuggets with a Dinner Roll</p> <p>Cheese Sticks with Sauce</p> <p><b>Featured Veggies:</b> Green Beans Coleslaw Choice of Fruit Choice of Milk</p>	<p><b>8</b></p> <p>Penne Pasta &amp; Meatballs Garlic Bread Stick</p> <p>Fruit &amp; Yogurt Parfait w/Cheesestick &amp; Grahams</p> <p><b>Featured Veggies:</b> Garden Salad Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>9</b></p> <p>Hot Dog On a Bun</p> <p>Chicken Patty Sandwich</p> <p><b>Featured Veggies:</b> Oven Fries Baked Beans Choice of Fruit Choice of Milk</p>	<p><b>10</b></p> <p>Chicken Fries with a Dinner Roll</p> <p>Pepperoni Pizza</p> <p><b>Featured Veggies:</b> Tater Tots Veggies &amp; Dip Choice of Fruit Choice of Milk</p>
<p><b>13</b></p> <p>Pancakes with Sausage</p> <p>Beef &amp; Cheese Soft Taco</p> <p><b>Featured Veggies:</b> Triangle Potatoes Lettuce &amp; Salsa Choice of Fruit Choice of Milk</p>	<p><b>14</b></p> <p>Italian Meatball &amp; Cheese Sub Sandwich</p> <p>Mini Corn Dogs</p> <p><b>Featured Veggies:</b> Italian Salad Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>15</b></p> <p><b>Thanksgiving Meal</b> Turkey with Stuffing</p> <p>Mashed Potatoes Steamed Corn Cranberry Sauce Dessert Choice of Fruit Choice of Milk</p>	<p><b>16</b></p> <p>Hot Ham &amp; Cheese Panini Sandwich</p> <p>Chicken Tenders with a Dinner Roll</p> <p><b>Featured Veggies:</b> Mini Pierogies Steamed Peas Choice of Fruit Choice of Milk</p>	<p><b>17</b></p> <p>Toasted Cheese Sandwich</p> <p>Cheesy Pizza</p> <p><b>Featured Veggies:</b> Tomato Soup Hummus &amp; Chips Choice of Fruit Choice of Milk</p>
<p><b>20</b></p> <p>Macaroni &amp; Cheese with a Dinner Roll</p> <p>Chicken Patty Sandwich</p> <p><b>Featured Veggies:</b> Green Beans Coleslaw Choice of Fruit Choice of Milk</p>	<p><b>21</b></p> <p>Chicken Nuggets with a Dinner Roll</p> <p>Pepperoni Pizza</p> <p><b>Featured Veggies:</b> Potato Smiles Veggies &amp; Dip Choice of Fruit Choice of Milk</p>	<p><b>22</b></p>	<p><b>23</b> <b>24</b></p> <p><b>HAPPY</b></p> <p><b>THANKSGIVING</b></p>	
<p><b>27</b></p>	<p><b>28</b></p> <p>General Tso Chicken Over Rice</p> <p>Corn Dog</p> <p><b>Featured Veggies:</b> Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>29</b></p> <p>Penne Pasta &amp; Meatballs Garlic Bread Stick</p> <p>Cheeseburger w/Lettuce &amp; Pickles</p> <p><b>Featured Veggies:</b> Romaine Salad Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>30</b></p> <p>Chicken Tenders with a Dinner Roll</p> <p>Sloppy Joe Sandwich</p> <p><b>Featured Veggies:</b> Mashed Potatoes Steamed Carrots Choice of Fruit Choice of Milk</p>	<p><b>1</b></p> <p>Taco Salad Tortilla Chips</p> <p>Stuffed Crust Pizza</p> <p><b>Featured Veggies:</b> Steamed Corn Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>